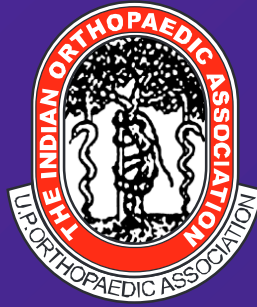


Newsletter of UP Orthopaedic Association
Registered under the Societies Act 21/1860
Reg. No 4893/ iv-22805
Issue 07 Vol. 20
November 2017



UPOA TIMES

IOA President's Theme:
"Integration for Enrichment"

President

Dr. Amit Rastogi

Secretary

Dr. Ashish Kumar Srivastava

UPOA Secretariat :

Deptt. of Orthopaedic Surgery, K.G.M.U.

Lal Bahadur Shastri Bhawan (RALC Campus)

Nabiullah Road, Lucknow-226018

Mob.: 9415020202

E-mail: upoaoffice@gmail.com, drashish_kumar20202@yahoo.com

seceretaryupoa@yahoo.com



UPOATH CON

2018

ALLAHABAD

16th to 18th February





EXPERIENCE
?

EVIDENCE
?

EVIDENCE
?

EXPERIENCE Vs EVIDENCE

www.uporthocon2018.com



“गंगा, यमुना एवं अदृश्य सरस्वती के संगम पर स्थित यह प्रयाग नगर न सिर्फ पौराणिक अपितु आध्यात्मिक व वैचारिक मेधा के लिए भी विख्यात है। कुम्भ का पर्व प्रयाग को जहाँ एक विशिष्ट आध्यात्मिक चेतना से सराबोर करता है वही भिन्न - भिन्न वैचारिक मान्यताओं के लोगों को एक मंच भी प्रदान करता है।

अदृश्य ज्ञान रूपी सरस्वती उसी वैचारिक मेधा का प्रतीक है, जो आज भी इस नगर में उसी गति से प्रवाहवान है यहाँ आयोजित इस वर्ष की यह संगोष्ठी भी अस्थिशल्य चिकित्सा के क्षेत्र में विभिन्न विचारों एवं अनुसंधानों को समेकित रूप से प्रस्तुत करता है।”



UPOATH CON

16th to 18th February, 2018

Prof. S. C. Gaur Memorial CME on 15th February, 2018





Dr. Amit Rastogi
President UPOA



Dr. Ashish Kumar
Secretary UPOA



Dr. K.D. Tripathi
Organizing Chairman
UPORTHOCON 2018



Dr. Manoj Gupta
President
Allahabad Orthopaedic Society



Dr. Anuj Gupta
Organizing Secretary
UPORTHOCON 2018

PLEASE BLOCK YOUR DATES FOR THE EVENT

Executive-2017

Dr. Amit Rastogi	: President
Dr. Atul Srivastava	: President Elect
Dr. S.K. Saraf	: Immediate Past President
Dr. Alok Sharma } Dr. Sanjeev Garg }	: Vice Presidents
Dr. Ashish Kumar	: Secretary
Dr. Kaushal Agarwal	: Treasurer
Dr. Maneeshi Bansal } Dr. Shishir Rastogi } Dr. Piyush Chan Souria }	: Joint Secretaries
Dr. Sanjay Dhawan	: Editor — JBJD
Dr. Dr C.P. Pal } Dr. Uttam Garg } Dr. Gyaneshwar Tonk } Dr. S M Dwivedi } Dr. Santosh Kumar Singh } Dr. Rajeev Anand } Dr. Ambuj Srivastava } Dr. Sanjeev Vohra } Dr. Harendra Chaturvedi }	: Members Executive Committee
Dr. Piyush Mishra	State Representative of IOA
Dr. Nikunj K. Agarwal	State Representative of IOA
Dr. Atul Srivastava	C.S.R.C. IOA
Dr. Jamal Ashraf	Foreign Fellowship-cum- International Liaison of IOA
Dr. C. S. Yadav	Foreign Fellowship-cum- International Liaison of IOA
Dr. Atul Bahadur	Inland Fellowship of IOA
Dr. Ashok Vij	Membership Drive Committee of IOA
Dr. Alok C. Agarwal	Oncology Section of IOA
Dr. Lokesh Maratha	Hand Section of IOA
Dr. Saurbh Agarwal, Jhansi	Quiz Master

Contents ...

Executive 2017	1
President's Message	2
Secretary's Message	3
Minutes of ECM, Aligarh	4-5
Bone & Joint Week	6-7
Glimpses of Events Held	8
Photo of Mid Term Symposium 2017	9
Accounts Summary-UPOATHOCON 2017	10
Photos of Events Held Recently	11
Forth Upcoming Events	12
Guidelines to the Organizing Secretaries	13
List of Applied Life Members	14
List of New Associate Members	14
Our City Club Representatives	15-16
Map - Our Strength 22 City Clubs	17-18
Categories For City Club Awards	19
UPOA PG Quiz Report	20
List of Orations & Fellowships	21
President Elect's Message	22
Nomination Form	23
UPOA -Membership Form	25
Indian Orthopaedic Association Form	27



President's Message

Respected Seniors & Friends,

Greetings from Varanasi.

I hope that you have enjoyed and participated in recent Deepawali celebrations.

I wish you happy and prosperous New year ahead.

The annual conference of our vibrant organization is around the corner and will be held in Allahabad in February 2018. I am sure you must have received the brochure by the time you receive this News letter. Prof. A.N. Verma, Dr. K.D. Tripathi and team have planned a very comprehensive and delightful academic programme which I am sure you would appreciate. I urge all of you to take part in large numbers so that this effort is successful.

The mid-term symposium held at Aligarh last month was conducted very well and I congratulate Dr. Manoj Mittal & Dr. Sanjiv Garg for its successful execution.

Our speciality is growing by leaps and bounds. In an effort to provide opportunities to our colleagues specially the younger ones, UPOA has instituted a number of fellowships. I am sure all our members would take full advantage of this opportunity.

Once again I wish you all the best in all your future endeavours.

Dr. Amit Rastogi

President UPOA

Varanasi

Secretary's Message



Dear Members,

Greetings from UPOA

Once again getting an opportunity to interact with you on this forum. I thank you all for your continuous support and best wishes to carry out my responsibilities to the best of myself.

Our association is expanding and becoming bigger day by day. Now we are a family of more than 1800. We are successful in achieving our goal of continuous academics, teaching & training of our members by organizing various academic events.

Our Journal is now indexed & having over whelming response in terms of articles & viewers.

UPOA Fellowships are now becoming more popular & members are taking more interest, evident by increase in number of applicants, compared to previous year.

So once again gear up for more academics in coming months, visit upoa.net for latest information. Continuous membership drive is not only needed but my moral responsibility also towards association. Kindly support me in this important task.

Hoping to meet you all at Allahabad, UPORTHOCON 2018 & before that at Lucknow in Arthroplasty Course.

Prof. Ashish Kumar Srivastava
Secretary UPOA

Mid Term Symposium, Aligarh

Executive Committee Meeting 24- September 2017

Minutes of Executive committee Meeting held at MTS at Aligarh on 24 September 2017

In the chair - President UPOA - Dr. Amit Rastogi

Along with

Dr. Atul Srivastava (President Elect)

Dr. Ashish Kumar (Secretary)

Dr. Kaushal Agarwal (Treasurer)

On the dias

Obituary: Dr. K.P Srivastava was remembered. Dr. Sanjay Dhawan praised him for his sporting & calm behavior; his excellent teaching. Dr. Dharendra Singh also spoke about his greatness.

2 minutes silence was observed in remembrance of departed soul.

Confirmation of minutes: Minutes of ECM & GBM of UPORTHIOCON 2017, Gorakhpur were confirmed.

Fellowship report: Dr. Dharendra Singh, Chairman Fellowship Committee informed that he has submitted the report to secretary. Dr. Ashish Kumar detailed the names of fellows. He apprised the house that two seats of UPOA visiting and UPOA travelling were not availed yet. House consented for allotting those vacant ones by fellows selected by Secretary & President. Dr. Ashish informed the house about that many applications for fellowships were found to be ineligible as per the rules by looking in to the list of fellows in the last 5 years.

Dr. Ashok Gupta (Ghaziabad) informed that last year, Ghaziabad international fellowship was not availed by anyone probably couldn't be arranged overseas. He also raised the issue that fellowship report is not being sent to Ghaziabad Club.

Dr. Ashok was informed about the reason & assurance that from here onwards Ghaziabad club will receive reports. Dr. Atul said that one who couldn't avail last year, will be sent this year.

Dr. Ashok Gupta further added to make a waiting list of fellows for these fellowships to ensure that fellowships are availed. He also advised that other members, especially from Medical College must utilize their overseas contacts to arrange for fellowships. Dr. Atul, President Elect reminded that it has been passed that fellows not going for fellowship after allotment, must be debarred for any UPOA fellowship in future.

Members discussed about fellows altering the dates repeatedly that was condemned unanimously unless there was some very genuine reason. Dr. Gyaneshwar Tonk advised to decide the dates after consultation with the fellows.

Dr. Dharendra Singh wished to get relieved from his responsibility as Chairman, but house requested him to continue.

Dr. C.P Pal requested that International fellowship should not be restricted because of availing two fellowships. House accepted that International fellowships are spared but can only be availed once by any member.

Treasurer's report: Dr. Kaushal Agarwal presented the report (Page no. 10). He informed the Dr. Ambuj has sent him the details of UPORTOCON. Dr. Ashish informed that he had the informed that 8 lacs deficit has been shown in balance sheet. He also informed that despite of many reminders he has not submitted the audited report probably because of his health issues.

A lot of discussion went on. Dr. Ashish informed that like IOA, depositing 10% of all collection has already been decided in last GBM & circulated in UPOA Times.

Dr. Tonk raised the issue of G.S.T. Dr. Ashok Gupta said that 10% after deducting the G.S.T from total collection should be deposited. Dr. Ashish Kumar advised to reduce expenditure of conference as well as that of association. He once again suggested for electronic newsletter. Dr. Nikunj suggested electronic souvenir of conference as well. Proposal was appreciated by all.

Treasurer raised the issue of incidental charges. He informed that the same of MTS Jhansi had not been received yet.

Dr. Atul suggested to send a letter in this regard.

Repeatedly members pressed upon deposition of 10% of collection at the time of pre-conference visit.

Dr. Dharendra Singh suggested that the whole city club must be made responsible for this kind of act of irresponsibility by Dr. Ambuj, Gorakhpur. Some members suggested for security amount at the time of allotment, but found to be impractical by the house.

Dr. Saraf suggested that 1 week before 10% of the collection must be taken.

Dr. Dharendra Singh emphasized for letter of condemnation to Gorakhpur & Jhansi. It was passed by house that not submitting audited report within 6 months of conference is financial irregularity & we must make some rule so that this should not happen in future.

It was decided to present in G.B.M once again to finalize 10% of total collection to Association at the time of pre-conference visit & 1 week before the conference & finally with the audited report.

Treasurer informed that one Fixed Deposit was encashed to meet out the expenses. Income tax matter was discussed and house was apprised by the status by treasurer.

Dr. Amit Rastogi, President, appreciated the hard work of Dr. Kaushal Agarwal with a big hand of applause by the house.

It was again discussed that charitable organization must spend 85% of income to avail income tax rebate Dr. Kaushal apprised that this year we had less income & more expenses so not much of tax liabilities. He informed that all problem is because of previous outstanding.

Editor's report: Dr. Sanjay Dhawan informed the details that 2nd April 2016 onwards, there are 40 + articles, from overseas as well. He informed that Indian Orthopaedic Research group is our Editorial support partner & JBJD is indexed from 2017 December & now the first edition also indexed (ICE value of 72.6). Till date there is credit of Rs. 58485/- and debit of 47761/- (balance 10724/-). Expenditure of this issue is 220,000 & contribution 147000 from Torrent is awaited. He emphasized to ensure incidental charges at least. He informed that presently there are two issues, to be extended for 3 issues/year as more funds will be available. He informed that besides present indexing with Copernicus, 2-3 more have been applied.

Dr. Atul appreciated the hard work of editor & his team. He congratulated and informed the house that no money has been taken from UPOA for Journal Expenses.

Letters from members: Dr. Ashish informed that no letters were received. He apprised about two emails by Dr. S.C Goel & Dr. A.N Verma about marking system abolition in deciding Life time achievement award.

UPORTHOCON 2018: Program Report- Dr. Anuj Gupta informed about the progress. He informed about meeting of club had taken place few days back after Arthroscopy meeting at Allahabad. He informed that Allahabad club account will be frozen till UPORTHOCON transaction is over with the same account. He informed that 18% G.S.T has to be taken on registrations & a registration fees itself has also been raised. He further informed that

Venue is M.L.N Medical College. 15th of Feb. There will be a CME under aegis of UPOA in remembrance of Prof. S.C Gaur. He informed that Dr. Anil Gupta Memorial Lecture to be delivered by some speaker from China. Travel expenses to every foreign faculty will be given only Domestic Airfare. Dr. Atul Srivastava informed about speakers of various orations for UPORTHOCON 2018. Only name of Dr. Abbas Ali Khan Memorial Lecture is yet to be decided.

Dr. Amit Rastogi discussed the mails by Dr. S.C Goel & Dr. A.N Verma regarding Life time achievement award. He explained that marking system was passed after being proposal by constitutional amendment committee so it still prevails.

He proposed that the matter will be sent to constitutional amendment committee to think & decide to have two Life time achievement award from this year onwards. One for Past Presidents & one for other members to be marked as before. Dr. Sanjay Dhawan commented that there are fallacies in marking criteria- for example there is no place for organizing chairman of the conference, only the org. secretary gets the marks. He suggested to review & amend the rules. It was seconded by Dr. Nikunj Agarwal. It was approved by the house to have two Life time achievement awards. Dr. Ashish Kumar apprised that 3 names have been proposed by City clubs for this award. It was decided that the two names will be announced only after constitutional amendment committee meeting and being approved by G.B.M. So it was decided to present Life time achievement award in Valedictory function & not in Inaugural function.

Once again matter of UPORTHOCON 18 was discussed Dr. Ashish expressed his apprehension about attendance in conference with one day pre-conference CME & 5 workshops.

Dr. Amit & Dr. Atul also had some apprehensions. Dr. Ashish advised to attribute the conference itself to Prof. S.C Gaur rather than having one day more for CME or some other event may be organized and attributed to Dr. S.C Gaur.

Dr. Atul suggested to catch hold of medical colleges for PG's to attend workshops. Suggestions were given to improve the quality & quantity of audience. Dr. Tonk also had the some apprehension and raised the concern about PG's also not attending.

Dr. Dhawan advised that certificate must be given at the end of conference & not before.

Meeting ended with vote of thanks to the chair.

Bone & Joint Week 2017

Agra Orthopaedic Society



Aligarh Orthopaedic Club



Bareilly Orthopaedic Association



Bone & Joint Week 2017

Gorakhpur Orthopaedic Club

खेलकूद से मजबूत होगी हड्डी : डा. इमरान

जगरण संवाददाता, गोरखपुर : हड्डी और जोड़ दिवस के अवसर पर शुरुवार को गोरखपुर आर्थोपेडिक क्लब की ओर से सेंट पाल स्कूल में एक व्याख्यान का आयोजन किया गया। इस अवसर पर बतौर मुख्य वक्ता मशहूर आर्थोपेडिक व आर्थोस्कोपिक सर्जन डा. इमरान अख्तर ने सेंट पाल स्कूल के बच्चों को हड्डी मजबूत करने के टिप्स दिए। 'बच्चों को हड्डीयों की सेहत' विषय पर हुए इस व्याख्यान को स्कूल के बच्चों ने ध्यान से सुना और उसे पालन को संकल्पित हुए। डा. इमरान ने सलाह दी कि हड्डी को मजबूत करने के लिए उन्हें दो कार्य करने होंगे। पहला खुले मैदान और घूम के दौरान खेलकूद में हिस्सेदारी करना और दूसरा कैल्शियम व विटामिन-डी का निश्चित



व्याख्यान देते डा. इमरान अख्तर

कार्यक्रम

- हड्डी व जोड़ दिवस पर सेंट पाल स्कूल में आयोजित हुआ व्याख्यान
- बच्चों ने हड्डीयों की सेहत के बारे में तौ जानकारी

20 साल के बच्चों को प्रतिदिन 1300 मिलीग्राम कैल्शियम की मात्रा जरूर लेनी चाहिए। कैल्शियम जिन खाद्य पदार्थों में मिलता है, वह दूध, दही व पनीर आदि हैं। यदि बच्चे सही मात्रा में कैल्शियम और विटामिन का सेवन नहीं करते हैं तो उनकी हड्डीयों के साथ शरीर भी कमजोर हो सकता है। इस अवसर पर डा. रेह. डी चंद्र, केथीन गंगुली, सुदर्शन चौधरी आदि मौजूद रहे।

Meerut Orthopaedic Club



Lucknow Orthopaedic Society



Varanasi Orthopaedic Club



Glimpses of Events Held



Mid Term Symposium 2017, Aligarh



Accounts Summary

UPORTHOCOCON 2017

S. No.	Receipts	Amount
1.	Contribution from Members	906,953.00
2.	Contribution from Others	5,039,047.00
	Total	5,946,000.00

S. No.	PAYMENT	Amount
1.	Catering	2,400,000.00
2.	Event Management	800,000.00
3.	Cultural Programme	600,000.00
4.	Payment to Hotels	778,000.00
5.	Photography Expenses	100,000.00
6.	Taxi Hire Charges	65,000.00
7.	Refreshment Expenses	304,000.00
8.	Mementos and Delegate Kit	395,000.00
9.	Printing & Stationery	165,000.00
10.	Cost of Tickets	179,000.00
11.	Misc. Expenses	160,000.00
	Excess of income over expenditure	0.00
	Total	5,946,000.00

Treasurer's Report - Dr. Kaushal Agarwal

BALANCE SHEET 24/03/17 to 24/09/17

Life Member	16	3000	48000
Associate Member	12	500	6000
CME	02	5000	10000
UPOA Trauma Course 2017	01	5000	5000
UPOA Special course 2017	01	20000	20000
Total deposits			89000
Balance in Bank As On 23/9/2017			662546/-
FDR Value			7575107/-

Events Held Recently



UPORTHOCON 2017 (Gorakhpur)

CME
on basics
of
Knee
Arthroplasty,
Agra

CME ON BASICS OF KNEE ARTHROPLASTY
S.N. MEDICAL COLLEGE, M.G. Road Agra (U.P.)

Live Surgery & Hands On Workshop
20th May 2017

SCIENTIFIC PROGRAMME

Tea/Refreshment	08:30 am to 09:30 am
Light Lunching & Inauguration	09:30 am to 10:00 am
Academic Session	10:00 am to 01:30 pm
Lunch	01:30 pm to 02:00 pm
Hands on Workshop	02:00 pm to 04:00 pm

Registration **FREE** for all AOS members

Venue:
Seminar Hall, 5th Floor,
Department of Orthopaedic

FOR REGISTRATION AND ANY QUERY PLEASE CONTACT: +91 9540046604

3rd UPOA Special Course
PAEDIATRIC ORTHOPAEDIC UPDATE 2017

Theme:
"Changing Trends in Paediatric Orthopaedics in the New Millennium"

Dr. Ajai Singh
HOD Paediatric Orthopaedics
Professor Orthopaedics,
King George's Medical University, Lucknow
Mob : 9415022557 E-mail: aa29762@gmail.com

Arthroscopy & Arthroscopy Society, Uttar Pradesh
in association with
Lucknow Orthopaedic Society, Department of Orthopaedics, K.G.M.U.
& Department of Anatomy, K.G.M.U.
Under Aegis of Indian Arthroscopy Society & UPOA

Arthroscopy Conclave 2017
&
(Cadaveric Arthroscopy, Knee & Shoulder Course)
19-20 August, 2017

Venue
Scientific Convention Centre
&
Department of Anatomy, K.G.M.U.


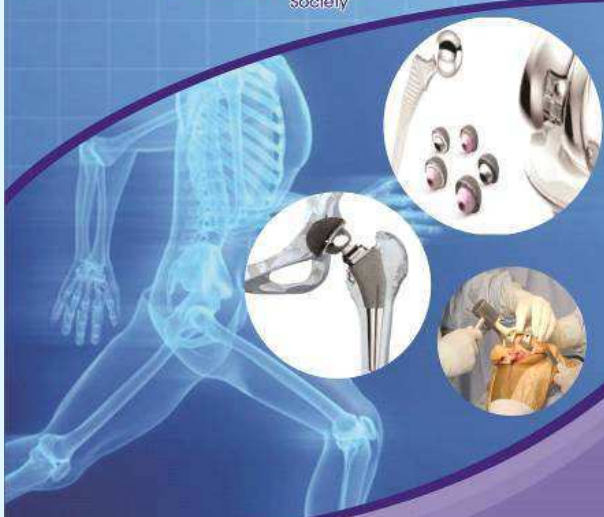


LIVE SURGERIES
INTERACTIVE SESSIONS
CASE DISCUSSIONS
VIDEO TECHNIQUES
CADAVERIC ARTHROSCOPY WORKSHOP

8 MCI CREDIT POINTS

Forthcoming Event

 Dr. Amit Rastogi President UPOA	 Dr. Ashish Kumar Secretary UPOA		U.P. Post Graduate Instructional Course 2017 9, 10, 11 November, 2017  B.R.D. MEDICAL COLLEGE Gorakhpur (U.P.) 273001												
Venue: LECTURE THEATER-1 B.R.D. Medical College, Gorakhpur		ORGANISING COMMITTEE Patron in Chief: Dr. P.K. Singh Principal & Dean B.R.D. Medical College													
Dr. Amit Mishra - Scientific Secy. 9415154480 Dr. Surendra - Treasurer 9410003131 Dr. Sanjay Chaudhary - Travel & Accommodation 8948252672	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">President, UPOA Dr. Amit Rastogi</td> <td style="width: 50%;">Secretary, UPOA Dr. Ashish Kumar</td> </tr> <tr> <td>President Elect, UPOA Dr. Atul Srivastava</td> <td>President, GOC Dr. Ramakant</td> </tr> <tr> <td>Secretary, GOC Dr. Ambuj</td> <td>Organising Chairman Prof. V. Mehrotra</td> </tr> <tr> <td>Organising Secretary Dr. Ashok Yadav</td> <td>Joint Org. Secretary Dr. Surendra</td> </tr> <tr> <td>Scientific Chairman Dr. Pavan Pradhan</td> <td>Secretary Scientific Dr. Amit Mishra</td> </tr> <tr> <td colspan="2" style="text-align: center;">Travel & Accommodation Dr. Sanjay Chaudhary</td> </tr> </table>			President, UPOA Dr. Amit Rastogi	Secretary, UPOA Dr. Ashish Kumar	President Elect, UPOA Dr. Atul Srivastava	President, GOC Dr. Ramakant	Secretary, GOC Dr. Ambuj	Organising Chairman Prof. V. Mehrotra	Organising Secretary Dr. Ashok Yadav	Joint Org. Secretary Dr. Surendra	Scientific Chairman Dr. Pavan Pradhan	Secretary Scientific Dr. Amit Mishra	Travel & Accommodation Dr. Sanjay Chaudhary	
President, UPOA Dr. Amit Rastogi	Secretary, UPOA Dr. Ashish Kumar														
President Elect, UPOA Dr. Atul Srivastava	President, GOC Dr. Ramakant														
Secretary, GOC Dr. Ambuj	Organising Chairman Prof. V. Mehrotra														
Organising Secretary Dr. Ashok Yadav	Joint Org. Secretary Dr. Surendra														
Scientific Chairman Dr. Pavan Pradhan	Secretary Scientific Dr. Amit Mishra														
Travel & Accommodation Dr. Sanjay Chaudhary															
Note 1. For Residents authority letter from H.O.D. is necessary. 2. Applied for MCI accreditation															
Course Secretariate Department of Orthopaedics B.R.D. Medical College, Gorakhpur Mob.: 9415130508 (Dr. Ashok Yadav) 9410003131 (Dr. Surendra) Email: uppgicl2017brd@gmail.com drashokbrd@gmail.com		UNDER AGEIS OF UP ORTHOPAEDIC ASSOCIATION GORAKHPUR ORTHOPAEDIC CLUB													

UPOA PGICL 9th-11th November 2017

 4TH UPOA ARTHROPLASTY COURSE-2017 Organized By Lucknow Orthopaedic Society  26th November 2017 Venue- Savvy Grand, Gomti Nagar, Lucknow	<p>Dear Friends & Colleagues,</p> <p>On behalf of the Organizing Committee, we are happy to announce 4TH UPOA ARTHROPLASTY COURSE 2017 on 26th November 2017 at Hotel Savvy Grand, Lucknow. We, the members of the Lucknow Orthopaedic Society are privileged to host this mega event and will try to make it a memorable one.</p> <p>The theme of the event is - Recent Trends in Knee and Hip Arthroplasty in Complex Scenarios.</p> <p>During our day today practice, we encounter more complex and challenging cases of arthroplasty surgery. This course is designed to deal with such scenarios and to provide benefits to arthroplasty surgeons to improve their skills and enhancing their experiences in arthroplasties. The Format will include plenary lectures, techniques and Panel discussions.</p> <p>We are also happy to inform you that our renowned national faculty have confirmed their active participation in this academic bonanza and we are expecting more than 150 delegates across India.</p> <p>The members of the organizing committee are eagerly waiting to welcome you at Lucknow in this academic event. We would appreciate an early confirmation of participation to make this event a huge success.</p> <p>Looking forward to welcome you all at Lucknow</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  Dr. (Col) M. S. Chhabra Organizing Chairman </div> <div style="text-align: center;">  Dr. Vikram Gang Organizing Secretary </div> </div>
---	--

4 UPOA Arthroplasty Course, 26 Nov 2017

Guidelines to the Organizing Secretaries

(For Academic events organized under the aegis of UP Orthopaedic Association)

1. Event should be organized under the aegis of the UPOA.
2. All members of UPOA shall be informed both by post i.e., Printed Brochure and by electronic media i.e., email or SMS or Facebook or website or Mobile Apps etc. at least 3 weeks prior to the event
3. The brochure shall contain apart from the scientific programme and the local organizing committee, the names of the President and Secretary UPOA.
4. The President and Secretary UPOA shall be invited well in advance and their travel expenses and stay etc. shall be taken care of by the Loc.
5. The seating on the dais shall be as per the blue book i.e., Chief Guest, Guest of Honor, President UPOA, Secretary UPOA, Organizing Chairman, Organizing Secretary, President and Secretary of Local Orthopaedic Club.
6. A contribution of Rs 5000 shall be made to the UPOA at the end of the course.
7. A brief report with few photographs should be sent to the secretariat within 15 days after completion of the course for record and newsletter.
8. Prior information and permission to be sought from the office of the UPOA to ensure the availability of office bearers and that dates don't coincide with other important events of the IOA and UPOA.
9. The office bearers and the members of Executive Committee be registered free as per blue book.
10. Lighting of lamp at the start of inauguration ceremony and National anthem at the end is mandatory.
11. Chief Guest and Guest of Honor preferably be eminent medical personalities. Avoid politicians.
12. Inauguration ceremony should not be more than 30min
13. Certificates do have logo of UPOA and Local Orthopaedic Club and signed by President and Secretary UPOA, President and Secretary Loc, Org. Chairman and Org. Secretary.
14. Banner should have logo of UPOA and with the mention 'organized under the aegis of UPOA'.
15. The Organizing Secretary should be present in the inaugural function of the subsequent annual conference, the UPORTHOCON, to receive the award of appreciation.
16. Faculty selection should encourage members of UPOA, at least 50% from the state.
17. Apply for MCI accreditation points.
18. Rest of the instructions to be followed as per UPOA Blue Book.

List of Applied Life Members (till 31st Oct. 2017)

1766	Dr. Mayank Mahendra	Lucknow
1767	Dr. Atil Kumar Lal	Lucknow
1768	Dr. Akhilesh Kumar Barnawal	Varanasi
1769	Dr. Praveen Kumar Gupta	Barabanki
1770	Dr. Ram Singhasan Singh	Azamgarh
1771	Dr. Syed Faisal Afaq	Lucknow
1772	Dr. Ekansh Debuka	Lucknow
1773	Dr. Nitin Manral	Lucknow
1774	Dr. Manoj Kumar Kaushik	Fatehpur
1775	Dr. Rahul Raja	Lucknow
1776	Dr. Saifer Khan	Lucknow
1777	Dr. Afroz Ahmed Khan	Lucknow
1778	Dr. Tribhav Goel	Lucknow
1779	Dr. Rajesh Kumar Singh	Allahabad
1780	Dr. Nitin Kausal	Ghaziabad
1781	Dr. Zafar Ahmad Khan	Aligarh
1782	Dr. Major Dr. Saurabh Mahesh Gupta	Hathras
1783	Dr. Necrav Anand Singh	Lucknow
1784	Dr. Amrit Pal Singh	Sultanpur
1785	Dr. Mohit Goel	Lucknow
1786	Dr. Manish Shukla	Allahabad
1787	Dr. Arif Kamal	Bulandshahr

List of New Associate Members (till 31st Oct. 2017)

<i>ASSOCIATE MEMBERS</i>	<i>CITY</i>
Dr. Yajuvendra Kumar Sharma	Agra
Dr. Vinod Kumar	Agra
Dr. Vikas Kumar Mishra	Agra
Dr. Mukesh Parmar	Agra
Dr. Rohit Yadav	Agra
Dr. Pavan Kumar	Agra
Dr. Ashvin Mall	Agra
Dr. Arjun Uppal	Agra
Dr. Randheer Singh Chauhan	Agra
Dr. Abhishek Kumar Tripathi	Agra
Dr. Mayurgupta	Agra
Dr. Mohit Sharma	Agra
Dr. Mohit Kishore Sharma	Lucknow

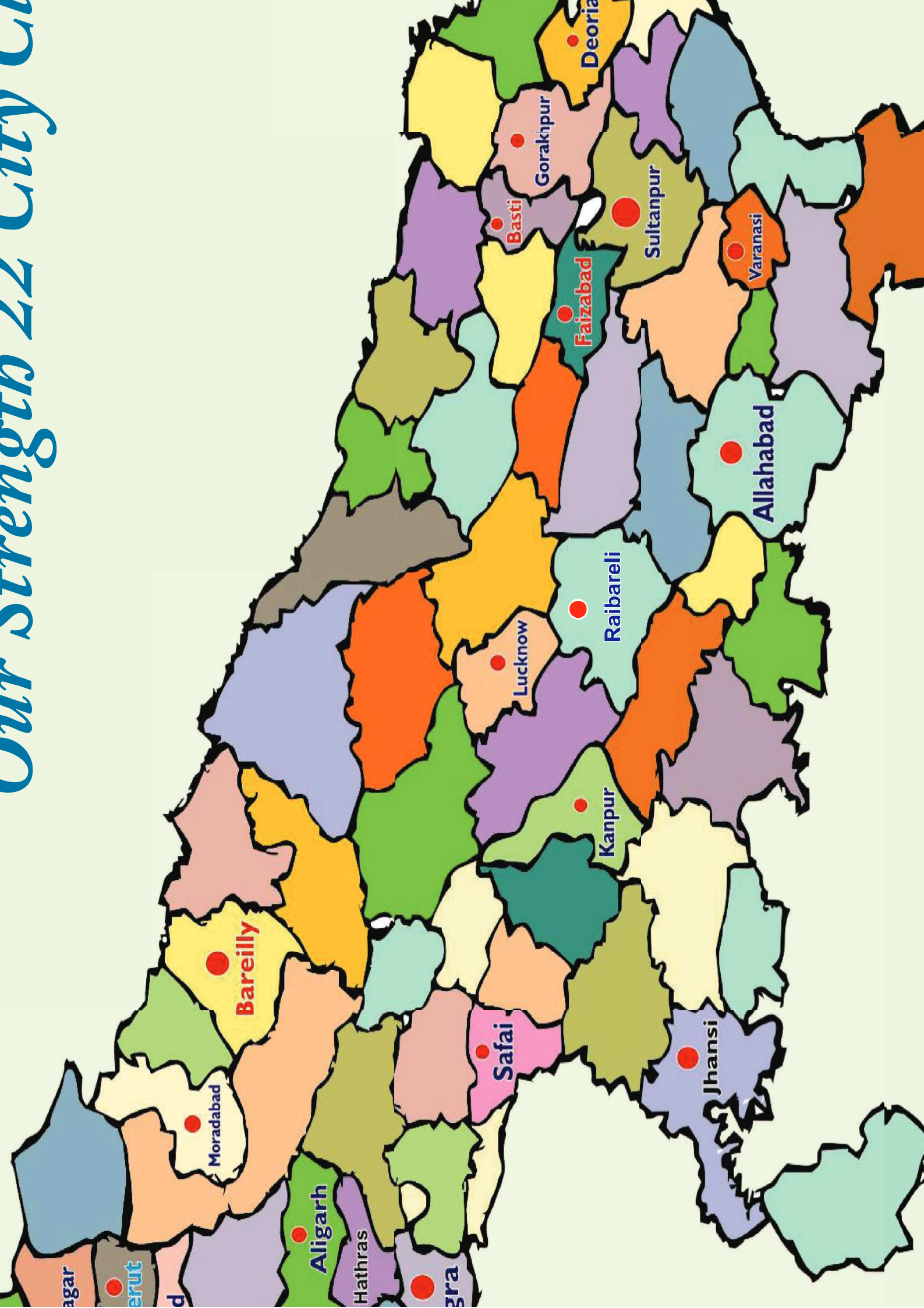
Our City Club Representatives

City	President	Secretary
Agra	Dr. Anup Khare 9917371333 anupkhare2002@yahoo.com	Dr. Atul Kulshrestha Mob:-9897023343 atul.ortho.agra@gmail.com
Aligarh	Dr. Deepak Shah Mob:-9358209917	Dr. Keshav Gupta drkeshavgupta@gmail.com Mob:-09897198719
Allahabad	Dr. K. D. Tripathi tripathikd02@yahoo.com Mob:-9415235183	DR. Anuj Gupta ritu73in@yahoo.com Mob:-9839050114
Bareilly	Dr. Satyendra Singh singhsatyendra4@gmail.com Mob:-9837019128	Dr. Vinod Pagrani drvinodpagrani@rediffmail.com Mob:-9412885815
Basti	Dr. Satyender Rai satyendra.ra19@gmail.com Mob:-9415037909	Dr. Sanjay Kumar Arora skarora08@rediffmail.com Mob:-9839887473
Deoria	Dr. Ramesh Chand Gupta drrcg1961@gmail.com Mob:-9415213049	Dr. Vipin Behari Shukla vbshukla@hotmail.com Mob:-9415213051
Faizabad	Dr. Anil Kumar anil.renumemorial@gmail.com Mob:-9415048261	Dr. G. K. Pandey govindgkpandey@gmail.com Mob:-9415058337
Ghaziabad	Dr Ajay Purwar drajaykumar1129@rediffmail.com Mob 09891697282	Dr. Mayank Jain
Gorakhpur	Dr. Ravi Kant drkantravi@yahoo.com Mob:-9336403171	Dr. Ambuj Srivastava drambuj_srivastava@yahoo.co.in Mob:-9451912597
Jhansi	Dr. Rakesh Tripathi tripathy_rakesh@yahoo.co.in Mob:-9415030183	Dr. Sanjay Tripathi drsandita06@yahoo.com Mob:-9415030067
Kanpur	Dr. Avtaar Singh Saluja awtarsalujadr@gmail.com Mob: 9415115326,7080856709	Dr. Ajay Bharti dr_ajay2001@yahoo.com Mob:9451373955

Our City Club Representatives

City	President	Secretary
Lucknow	Dr. Ashish Nagayach ashishnagayach@yahoo.com 9307329915	Dr. Shishir Kr. Rastogi dr.shishir87@gmail.com Mob:-9839020491
Meerut	Dr. Ravi Bhagat 9837019582	Dr. Sharad Jain dr_sharadjain2004@yahoo.co.in Mob:- 9897610661
Moradabad	Dr. Deepak Rastogi deepsanjeevan@gmail.com Mob:-9837053968	Dr. Kumar Kartikeya drgarimadrkartikey@gmail.com Mob:-9917039300
Muzaffar Nagar	Dr. Vinit Minocha m_vinit@hotmail.com Mob:-9897242355	Dr. Lalit Bana dr.lalitbana@gmail.com Mob:-9760024742
Saifai	Dr. D.K. Dubey devendradubey44@gmail.com Mob:-9412284104	Dr. Sunil Kumar sksrimnsr@gmail.com Mob:-9415085394
Saharanpur	Dr. Girish Dang dr.girish.dang@gmail.com Mob:-9897476929	Dr. Shashi Kant Saini drshashikantmsortho@gmail.com Mob:-9319388182
Sultanpur	Dr. Siddiqui Qadeer Ahmed Mob:-9415046279	Dr. C. L. Rastogi drclrastogi@gmail.com Mob:-9415046494
Varanasi	Dr. S.B. Singh Sb.singh2206@gmail.com Mob:-9415256195	Dr. Unmesh unmeshschak@yahoo.co.uk Mob:-9453040850
Mathura	Dr. Ravikant kravi_dr@yahoo.com Mob:-9927024274	Dr. Nirvikalp Agarwal nirvikalp.aggarwal@gmail.com Mob. 9837472254
Hathras	Vinod Kumar Saxena drvsaxena@gmail.com Mob:-8979316088, 9412276088	Dr. K. K. Varshney drkkvarshney@hotmail.com Mob:-9837107959, 8923754053
Raibareli	Dr. S.M. Singh smsrbl82@gmail.com Mob:-9415034514	Dr. Onkar Singh dronkar14@gmail.com Mob. 8756417060, 9670077444

Our strength 22 City



Categories For City Club Awards

Award	Eligible City Club	
1. Dr. K.P. Srivastava Trophy	Above 76 members (4)	
	Agra (119 members)	Kanpur (110 members)
	Lucknow (242 members)	Varanasi (104 members)
2. Dr. M.K. Goel Trophy	51 to 75 members (5)	
	Aligarh (55 members)	Allahabad (69 members)
	Ghaziabad (64 members)	Gorakhpur (58 members)
	Meerut (71 members)	
3. Dhanendra Prasad Bhagwati Devi Trophy	26 to 50 members (4)	
	Barilly (38 members)	Jhansi (32 members)
	Moradabad (26 members)	Muzaffarnagar (27 Members)
4. UPOA Trophy	1 to 25 members (8)	
	Basti (10 members)	Mathura (17 members)
	Erawah (10 members)	Deoria (14 members)
	Hathras (10 members)	Faizabad (12 members)
	Saharanpur (18 members)	Sultanpur (10 members)
		Raibareli (10 members)

Criteria For Best City Club Awards

ACTIVITIES FROM 1 JANUARY TILL 31 DECEMBER REPORT TO BE SUBMITTED BEFORE 15 JANUARY	Max
Increase in number of members of UPOA -1 point for every new members	10
Increase in number of members of IOA 1 points for every 1 new members	10
Academic Activities (Name with number of delegates)	
(1) National Conference (IOACON)	15
(2) State Conference /National Conference of Subspeciality Group of IOA	8
(3) Mid Term Symposium	4
(4) Instructional Courses CME /Hands on Workshop (2 point per programme)	8
(5) PG Crash Course	2
(6) Clinical Meetings- 0.5 points for each meeting	6
Achievement of Individual Members (National & International)	
(1) Guest lecture in National & International Conferences 2 point per presentation	6
(2) Guest lecture in UPORTIOCON 1 point per presentation	4
(3) Paper presentation in National & International Conference -1 point per presentation	3
(4) Paper presentation in UPORTIOCON - 0.5 point per presentation	2
(5) Awards & honours	2
(6) Elections to higher posts (P/S=2; VP/E/T=1, E=0.5)	4
(7) Inventions (techniques, instruments, implants)	1
(8) Academic Literature (writing, editing, translating)	2
Newsletter	2
Regular Election of Office Bearers (Reporting of Activities to Hon Secretary UPOA)	4
Other Activities	3
(1) Any welfare programme for public	
(2) Slide projector, Overhead projector, laser pointer	
(3) Activities connected with allied orthopaedic activities	
Chapter contribution to UPOA (10 -50000 Rs = 2 points)	4

Note : Strictly follow the given format to submit club report with evidence along with self marking for each point.

UPOA PG Quiz Report



UPOA PG QUIZ- Mid Term Symposium 2017, Aligarh

The UPOA PG Quiz was conducted by Quiz Master Dr. Saurabh Agarwal at Mid Term Symposium on 24/09/2017 at Aligarh. It was attended by Nine teams from various Medical Colleges in Uttar Pradesh. The winner team from J.N. Medical College, Aligarh (Dr. Arshad Ahmad & Dr. Mohd. Ishtiyak) shall represent UPOA in the IOA Quiz-2017 at Indore.

Journal of Bone and Joint Diseases



At the very outset, please accept season's greetings. Hope the festival of Diwali brought joy and prosperity to each and every member. It was really a hectic learning period since given the responsibility of such an academics and the journal, the JBJD, is still moving forward.

Volume 32 Issue 2 of JBJD was released in the recently concluded Mid Term Symposium 2017 at Aligarh. We are really flooded with articles that, at times, we have a collection of more than ten articles by which we are in a very comfortable position for the next issue.

We are now indexed with Index Copernicus International with ICV 72.6

The JBJD is available online, please visit:

www.jbjdonline.com

For current issue, hit the link:

<http://jbjdonline.com/journal-of-bone-and-joint-diseases-volume-32-issue-2-july-sep-2017/>

Please act fast to submit your articles through scripture:

<http://jbjdonline.com/submit-articles/>

Regards from the Editor's Desk

Dr. Sanjay Dhawan,

Dhawan Orthocare

14-Dwarika Puram, Bypass Agra

Mob.: 09837014766

editorbjd1619@gmail.com

List of Orations & Fellowships

1.	Dr. Ashok Vij	Dr. B. N. Sinha Oration
2.	Dr. Anil Jain	Dr. T. P. Srivastava Varanasi Oration
3.	Dr. Yash Gulati	Ghaziabad Oration
4.	Dr. Sudhir Kapoor	Dr. K. P. Srivastava Agra Oration
5.	Dr. Amit Agrawal	Dr. Anil Gupta Memorial Lecture
6.	Dr. Sudhir Kumar	Dr. Abbas Ali Khan Memorial Lecture

List of Fellowship Awardees 2017

S. No.	Fellowships	Awardee	Place of Visit	Contact Person
1	UPOA Exchange Fellowship (2 SEATS)	Dr. Yajuvendra Dr. Neerav Ananad Singh	Jabalpur	Dr. Deepak Singh Maravi 9424468131 d.maravideepak@gmail.com
2	UPOA Travelling Fellowship (2 SEATS)	Dr. Ekansh Debuka Dr. Nitin Manral	Kolkata	Dr. Kiran Kumar Mukhopadhyay 9433166270 orthokiran@gmail.com
3	UPOA Visiting Fellowship (2 SEATS)	Dr. Deepak Kumar Dr. Atil Kumar Lal	To be decided	
4	Lucknow Pune Fellowship (2 SEATS)	Dr. Tribhav Goel Dr. Vikas Saxena	Pune	Dr. Parag Sancheti Mr Udai Vaidya
5	Varanasi Exchange Fellowship (1 seat)	Dr. Ziaul Hoda Shaan	Ahmadabad	Dr. Navinchandra Thakkar 9825387016 naveenthakkar@gmail.com
6	Ghaziabad International Fellowship (2 SEATS)	Dr. Madhuresh Kumar Dr. Narendra S. Kushwaha	To be decided	Dr. Jamal Ashraf 9415160454
7	Ghaziabad National Fellowship (2 SEATS)	Dr. Vikas Verma Dr. Yashwardhan Jaiswal	To be decided	Dr. Jamal Ashraf 9415160454



President Elect's Message

Dear Members,

Greetings from Agra

I, in the capacity of the President Elect of the UPOA and the Election Officer, wish to notify the forthcoming elections of our association through this newsletter. The details of the vacant posts, criteria for their application, requisites and important dates etc are published herein.

I appeal to all the members of the UPOA to actively participate in the elections by casting their vote and exercising their franchise.

For any queries, feel free to contact me.

With warm regards
Dr. Atul Srivastava
 President Elect-UPOA
 Election Officer.

Schedule of Election Procedure	
Last date for filling of nomination	15th Nov., 2017
Withdrawal of nomination	30th Nov., 2017
Declaration of Candidates	15th Dec., 2017
Ballot Posting	30th Dec., 2017
Duplicate Ballots	15th Jan. to 30th Jan., 2018
Last date of receipt of Ballots	12th Feb., 2018

Election Notification :

You are requested to send nomination for following posts in UPOA :

President Elect	(1)	For one year
Vice President	(2)	For one year
Member Executive	(3)	For three years

Eligibility Criteria:

Only life members of UPOA and who are also member of IOA can apply. (Refer to the ammended constitution of UPOA). They should be practicing ORTHOPAEDICS in the state of Uttar Pradesh at the time of nomination.

Other Criteria

Minimum conferences attended to apply for the following posts are:

President Elect	10 Conference of UPOA
Vice President	08 Conference of UPOA
Member Executive	03 Conference of UPOA

Kindly fill the nomination form attached with the newsletter (photocopy may be used) or download from the website and send to the address below.

Important

Submit proof of eligibility (Photocopy of attendance certificate of conferences) along with the nomination form. Returning officer has the right to cancel nomination forms which are incomplete and without proof of eligibility criteria. The decision of the returning officer will be final and binding on all contestants.

Kindly attach DD of Rs. 5000 in favour of "UP Orthopaedic Association" (Payable at Lucknow) and send this form along with scanned copy to the following address:

Dr. Atul Srivastava

Election Officer, UPOA

1/114-B, Gulab Rai Marg, Delhi Gate, Agra-282002

E-mail: dratulagra@gmail.com

Mob.: 9897076867



NOMINATION FORM FOR CONTESTING IN THE ELECTIONS OF UPOA

1. **Post applied for**

2. **Name:**

3. **LM No. of UPOA** **LM No. of IOA**.....

4. **Address:**

.....

Email ID

Mobile / Phone Numbers

5. **Number of conferences attended** 1.....
 (Attach photocopies of 2.....
 Certificate of attendance) 3.....
 4.....
 5.....
 6.....
 7.....
 8.....
 9.....
 10.....

6. **Proposal & Seconded by**

NAME	LM No.	SIGNATURE
1.		
2.		

7. **Nomination Fees**

Draft Number	Drawn on Bank	Dated

NO OBJECTION

I am a life member of UPOA & have no objection in applying for the post of

Name:

Signature

Date





UPOA – MEMBERSHIP FORM

To

Dr. Ashish Kumar Srivastava
Secretary UPOA

Department Of Orthopaedics,
KG Medical University, RALC Campus,
Nabiullah Road, Lucknow- 226018

Ph: 9415020202, 9565444401, 9532469252.

Email: upoaoffice@gmail.com, secretaryupoa@yahoo.com

Space for
Photo

Dear Sir,

I wish to join as member of UPOA. I am enclosing herewith a DD/Cheque of Rs3000.00 towards membership as Life Member. Or Rs. 500.00 as Associate Member.

Name:

Date of Birth:

Address:

Telephone..... Mobile..... E-mail:

Qualification: Institution / University & Year of Passing

MBBS.

MS Ortho / D.Ortho

(Please Attach self Attested copy of P.G. Degree/ Diploma Certificate)

Present Status

Membership No. IOA:

Payment Details

DD/Cheque No..... Drawn On..... Amount..... Date.....

DD/Cheque in favour of **UP ORTHOPAEDIC ASSOCIATION**, payable at Lucknow

	Name	Signature	LM No.
Proposed by			
Seconded by			

FOR OFFICIAL PURPOSE

Received by (Name)

Membership No. Allotted



Please submit the form to Hon. Secretary, State Chapter of your State

INDIAN ORTHOPAEDIC ASSOCIATION

MEMBERSHIP FORM

The Hon. Secretary

Indian Orthopaedic Association,
IOA House, 69 Tughlakabad Inst. Area,
Behind Batra Hospital. M.B.Road,
New Delhi - 62
Ph: +91-11-29961434, 9811967820
E-mail: hon.secretaryioa@gmail.com
Website: http://www.ioaindia.org



Dear Sir,

I wish to apply for the LIFE Membership of Indian Orthopaedic Association
(Please fill the whole form in **BLOCK / CAPITAL LETTERS** only)

Name

Postal Address

State Pin Code Date of Birth

Other Address :

Email (1) (2)

Telephone Mobile No (1) (2)

PG Qualification : Details include Degree/Diploma/ Passout Year/ College/ Institute/ Place/ University etc.

P.G. Degree /Diploma :

MCI Registration No. Year-

State / Other Association of IOA Membership

(No application will be entertained without state chapter membership)

I enclose the payment of Rs. By demand Draft No.

Place & Date : Signature :

Proposed by:

IOA Membership No : Signature :

Seconded By:

IOA Membership No.: Signature :

The membership fee for life Member is Rs. 5,000/- and Association Member have to pay Rs. 2,000/- in the first time during the Ortho training (PG) and 3,000/- after MS (Ortho) etc. qualification to become Life Member of IOA. Please make Draft in favour of "Indian Orthopaedic Association" payable at Ne.

(Association Membership Free for Overseas applicant which are eligible for only associate member is \$100 Hundred US Dollar.)

Please Attach :

- Certified Photocopy of life Membership Certificate of state chapter of Indian Orthopaedic Association.
- Please send the membership application Form and Demand Draft at the above mentioned address only.
- Certified Photocopy of the PG Degree/ Diploma to be sent along with application Form.
- Certified Photo Copy of Medical Council Registration of orthopaedic PG Degree / Diploma to sent along with the form.
- Certified copy from HOD is must. (This is for the ASSOCIATE member only).
- **Note** : Membership is subject to ratification in the subsequent AGM of the IOA. Allotment of membership no will follow the ratification /Association member have the right of attending scientific meeting and social events and engaging in all scientific discussion but they shall not business meetings and take part in elections.

MEMBERSHIP FORM WILL BE SENT ONLY BY RESPECTIVE STATE HON, SECRETARY TO IOA OFFICE, NEW DELHI



Rebanta

Coriol Calcium 500mg + Calotrol 0.25mcg + Omega III Fatty Acid
eq. EPA 180mg & DHA 120mg + Methylcobalamine 1500mcg + Folic
Acid 400mcg + Boron (as Disodium Tetraborate) 1.5mg

Correspondence: J. H. Kim, Department of Psychiatry, Seoul National University, 151, Yongsan-daero, KJ, Seoul 151-747, Korea (E-mail: jhkim@plaza.snu.ac.kr).
 Received 12 July 2006; accepted 12 July 2006; first published online 12 July 2006
 © 2006 The Authors
 Journal compilation © 2006 Association for Child and Adolescent Mental Health.

Vitamin D: 800

Rutoside 100mg + Bromelain 90mg + Trypsin 45m

R. Azide 100mg + Doxycycline 50mg + Trimethoprim 40mg + Diclofenac 50mg

International Therapeutic Care

Pregabalin 75mg SR + Methylcobalamine 1500mcg

Pre gabalin 75mg + Nortriptyline HCL 10mg